



## Impact of Possible Arthritis For Kansans

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An estimated 325,304 Kansans or 15.6% of adults (18 years and older) have possible arthritis.\*

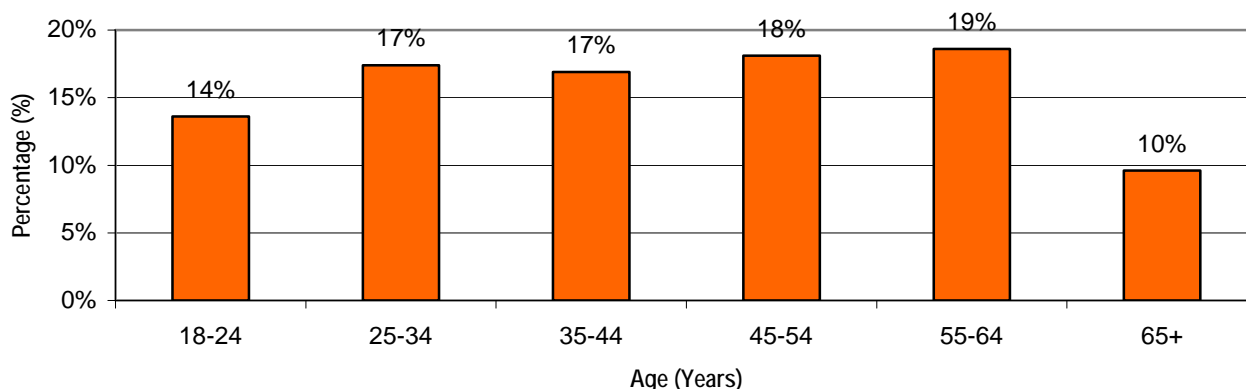
### Overall impact of possible arthritis:

- Almost one in seven (14%) Kansas adults who have reported self perceived health status as fair or poor have possible arthritis.
- 10% of the people who reported that their physical or mental health kept them from doing their usual activities for more than 14 days during the past 30 days have possible arthritis.
- Among Kansans living with disability, 14% have possible arthritis.
- 12% of Kansans with possible arthritis have reported activity limitations due to arthritis or joint symptoms.

The impact of possible arthritis can be reduced through physical activity and maintaining proper weight.

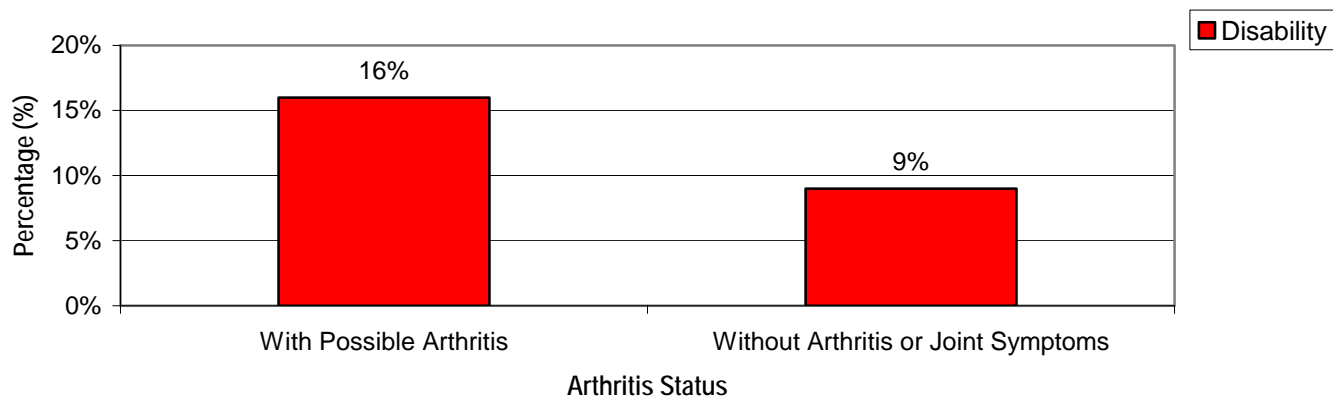
- Adults of all ages are affected by possible arthritis.
- Almost one in five adults among those aged 45-54 years and among those aged 55-64 years have reported possible arthritis.

Percentage of Adults with Possible Arthritis by Age



Prevalence of disability is higher (16%) among individuals who have possible arthritis when compared to individuals without arthritis or joint symptoms (9%).

Prevalence of Disability by Possible Arthritis Status



Information on this document is from the 2003 Kansas Behavioral Risk Factor Surveillance System (BFRSS).

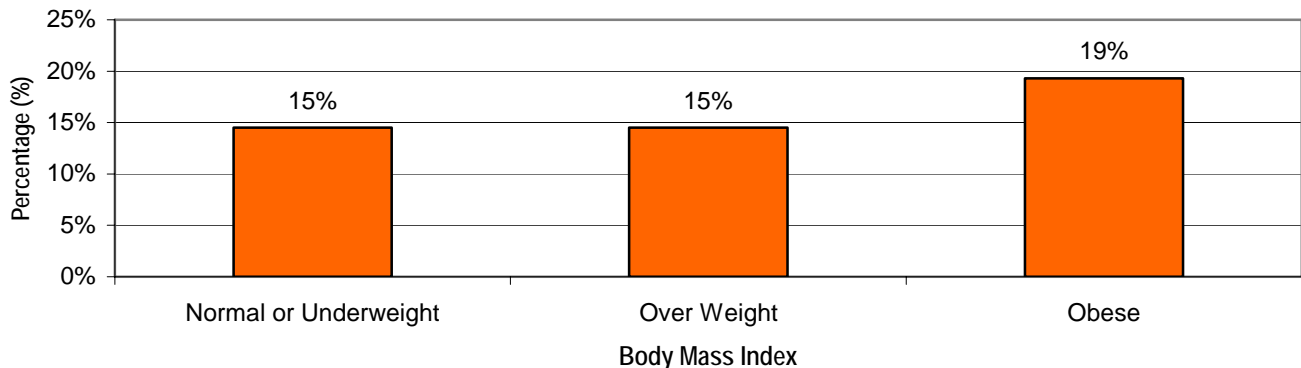
Arthritis includes more than 100 diseases and conditions affecting the joints, surrounding tissues, and other connective tissues. \* Possible Arthritis Definition: Individuals who reported that they had symptoms of pain, aching, or stiffness in or around a joint during the past 30 days, and these symptoms first began more than 3 months ago but were never told by a doctor or health care professional that they have some form of arthritis. (Source: Center for Disease Control and Prevention).

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- Approximately one in seven individuals who are overweight and one in five individuals who are obese reported possible arthritis.
  - There is a relationship between obesity and certain types of arthritis including gout and osteoarthritis.
  - Excess body weight increases the pressure and stress on weight bearing joints.
- Body Mass Index (BMI) is a weight status indicator measuring weight for height.

- Obese: BMI  $\geq 30$
- Overweight: BMI between 25 and 29.9
- Normal/Underweight: BMI  $<25$
- Calculate your BMI by visiting: [http://www.nhlbi.nih.gov/guidelines/obesity/bmi\\_tbl.htm](http://www.nhlbi.nih.gov/guidelines/obesity/bmi_tbl.htm)

**Percentage of Adults with Possible Arthritis by Body Mass Index**

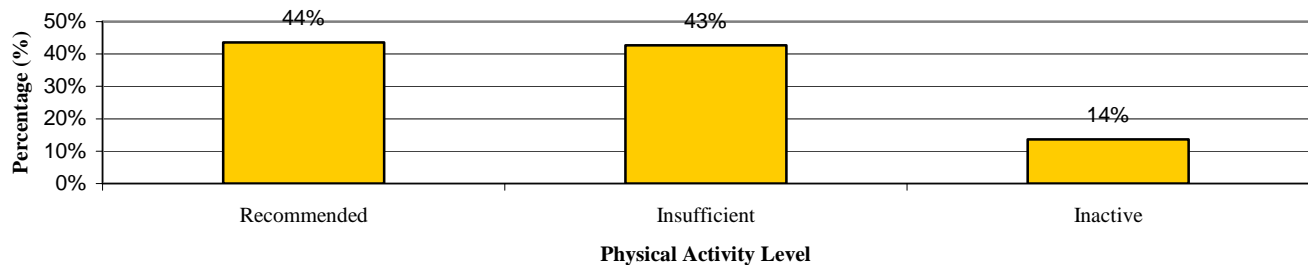


- 43% of adults with possible arthritis reported some physical activity but did not meet recommendations.
- 14% of adults with possible arthritis reported that they did not participate in physical activity.

Levels of Physical Activity defined as:

- Recommended: participating in moderate physical activity at least 5 times per week for at least 30 minutes or vigorous physical activity at least 3 times per week for at least 20 minutes.
- Insufficient: some activity but not enough to meet recommendations.
- Inactive: not participating in any physical activity or exercise other than their regular job in the past 30 days.

**Percentage of Adults Reporting Recommended, Insufficient or Inactive Physical Activity by Possible Arthritis Status**



#### Arthritis Foundation Self-Management Programs:

- PACE (People with Arthritis Can Exercise): Improves flexibility and joint mobility while reducing joint pain and stiffness.
- Aquatics: Warm water exercise program improves joint mobility and muscle strength while reducing pain and stiffness.
- Arthritis Self Help Course: Six-week behavior change program that teaches pain management skills and techniques.

Contact the [Arthritis Foundation](http://www.arthritis.org) for more information at [www.arthritis.org](http://www.arthritis.org).

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